



NEWSLETTER

Volume XXIX, Issue IIII

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“Evaluation and Management of the Maxillary Sinus”

with Dr. Alex Sokohl

Tuesday, November 13th, beginning at 6:30 p.m., at the Chattanooga Golf & Country Club

Dr. Alex Sokohl is an Otolaryngologist (ENT) at Associates in Ear, Nose and Throat, here in the Chattanooga area. After graduating Summa Cum Laude from Georgetown University with a degree in Spanish Linguistics, Dr. Sokohl worked as a Paralegal Specialist for the U.S. Department of Justice Criminal Division, office of the International Affairs. He then decided to attend the Post-Baccalaureate Pre-Medical Program at John Hopkins University, while also working at Antiquariat Learning Service, as a Spanish and Portuguese translator.

After graduating from Georgetown’s School of Medicine in May of 2011, Dr. Sokohl moved to Charleston, SC where he completed his residency in Otolaryngology at the Medical University of South Carolina. Dr. Sokohl obtained his Board Certification in Otolaryngology in 2017 and maintains privileges at a number of area hospitals. He has had published peer-reviewed articles on Pediatric Neurotransmitter Disorders, Nontuberculous Mycobacterial Lymphadenitis, and Alexander Disease.



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President's Message:
Dr. Charles McBrayer

Hello CADS Members,

Hard to believe it's the middle of October. Finally, cooler weather and fall colors. It was great to see the turn out for Dr. Nate Lawson and his lecture on Zirconia. I hope everyone found this information to be as insightful and interesting as I did. Kudos to Dr. Ken Randall, again batting 1000 on speakers!

Thanksgiving is just a few weeks away and with that comes some time for all of us to stop and reflect on what we are thankful for in our lives. I hope everyone will make time to thank those individuals who have helped them achieve their professional goals. There are a lot of people to thank from employees to family and close friends. A small piece of gratitude will go a long way in making the world a better place.

Speaking of things to be thankful for, Dr. Mitch Baldree, the CADS representative to the TDAF, presented to the CADS Board a challenge that the chairman of TDAF, Robert Hooper, had issued to each component society. The proposal is to challenge each society to commit \$1,000 per year for five years to increase the coffers of the TDAF so that it could get closer to becoming self-sustaining. TDAF is a 503c3 entity within the TDA that makes gifts to UT student research and other needy causes; the most recent being the Dental Lifeline Network. The CADS Board graciously approved the request.

I hope everyone can make our next meeting on November 13th. Dr. Alex Sokohl will be speaking on "The Evaluation and Management of the Maxillary Sinus". I also hope to see and our New Dentist and Members at the Social, before Dr. Sokohl's lecture. Also, don't forget to mark your calendars for our Holiday Social, December 6th at Manker-Patten Tennis Club.

Charles McBrayer, DDS
CADS President 2018-19



Next CADS Board Meeting
on November 12th @ 6:00 pm @ The Broad Street Grille

"The Past, Present, and Future"

by Phil Nunnally, DDS

Here we are again, and life goes on. "Thanksgiving" is nearly upon us and 2018 has rapidly progressed. To many of us, the months and years pass by and we see our lives moving forward more rapidly. It's an age thing, but, it is also a historical awakening.

As a child I wanted to grow rapidly and become a man, but, as a man I want life to slow down. I want to enjoy what little time I have left. I am sixty-six years of age now, and I see life as fleeting and quickly passing away. Life used to be thought of as what I could make of myself and how to make my family proud. Today, my life is slip sliding away and has become more about what I can do to help others, and my family rather than myself.

What am I thankful for? First of all, I am thankful for life itself given to me by a higher power than man himself. It is about honoring God and keeping His commandments. But it also, secondarily, about obeying, truthfulness, and doing what we can to help others in time of need. So, we were told and are required today to do as He instructed: "Give unto Caesar that which is Caesar's and unto God that which is God's". Our national monetary system is similar to what the Roman leadership demanded in that day. However, one remarkable statement on our currency states: "In God We Trust". Do not let that very important statement be removed from your mind and thoughts. In all things honor God and keep His commandments.

That is what "Thanksgiving" is all about. It is also about loving, caring for, and helping others in time of need. We do this exact thing as dentists. That is our profession. That is who we are. That is our purpose. Are we all perfect? No, not one. But, we should strive to be as perfect as we can for ourselves and others. My point is this: You worked hard to become important to Him and other people in this life who are thankful. Do not give up on that goal, even if others try their best to destroy you or others you stand behind. You be thankful as well. I am thankful to have life, and the pursuit of happiness. I am thankful for you, for this opportunity to serve others and our profession, and patients and friends we can help even without compensation when they are unable to do so. At times, one must stand up for truth and defend themselves against others who want to only cause harm. It's like that country song, "If you don't stand for something you will fall for anything". So, stand up and do that which is right, help others when they fall or fail, and you stay on that straight and narrow path. In the end, you will receive your just reward.

I have revealed to you my past college days at the University of Tennessee at Chattanooga that were challenging and difficult at times. I majored in Biology, Chemistry and minored in Physics. I graduated "Cum Laude" with a 3.35 GPA and that was super good for me. I spent six to eight hours daily studying many subjects. I started at U.T.C. in June 1970 and graduated in June 1974 with the hope of becoming a medical doctor. After all, I had worked at Parkridge Hospital for nearly five years after high school during college. I took three MCAT tests (one on my graduation day) and became an alternate twice to UT Medical School

but was never called to attend. I took a few more courses to become a dentist, between 1974 and 1975, and I was accepted to UTCHS (University of Tennessee Center for the Health Sciences). I attended from January 1976 and graduated in December 1978 with the D.D.S degree. I was twenty-seventh in the class of seventy-seven students.

I loved, and still love, dentistry. In 1976, I started doing dentistry using "pump up" chairs very much like Barber Chairs. I did oral surgery standing up. Then to my delight, the Winfield Dunn Dental Building was built and established. I had many friends who were dental students, medical students and pharmacy students. I had gone to undergraduate college with them all. One of my best friends was Stanley Whittenburg, a medical student. He was brilliant! He had to have his lower jaw sectioned and wired together for about two months due to his left jaw growing more than the right. He stayed with Nancy and me during this time. The funny and weird thing was we fed him tomato soup during this time because he could not chew and we didn't know what else to feed him. Near graduation he developed a severe anxiety issue he had to be treated for. He recovered and graduated and moved to New York to teach in the Columbia School of Medicine. About 8 years later, I was reading the newspaper and glanced at the obituaries and saw where Stan had died from a brain tumor. He never called me or advised me during this time. I recalled during those college years him telling me that if he developed a condition that would lead to his death he would not advise me because he did not want me to be upset or worry about him. Well, I broke down crying from this realization after he had passed away. He was a very kind friend. I thought very highly of him and it broke my heart.

I had many dental classmates who were very good men and women. I remember Dan McCoy. He was a great fellow student. He played the harmonica one day for the entire classroom during a break. He was great and very knowledgeable and talented. I envied him for his skills and kindness shown to others. Shortly after graduation, I was notified he had died. He had fallen off a boat and struck his head into the propeller. He died immediately. It hurt me greatly. Dale Kennedy was another great fellow student who recently attended at CADS meeting with all of us from Athens, TN. He is a great, talented dentist. He has written articles on those who have used drugs. Many years ago, he suffered from Melanoma and underwent extensive treatment. It took him a while to heal and recover but he has made a magnificent recovery and is very active in the Tennessee Dental Association and helpful to the local society here and statewide. I, personally, am very very proud of Dale. Jimmy Fogo and I graduated dental school together in 1978. We attended U.T.C. and took biology courses together. Jimmy is a fine gentleman, friend and fellow CADS dentist. I know the society is very proud of him, his wife, and children. His father was a very good dentist as well.

Dental school courses were not easy but were rewarding. The

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(cont.) first two years were mostly all instructional courses rather than direct patient hands on treatment and care. One course I took under the oversight of Dr. Conn, Human Anatomy, was interesting. It was the first class I attended on the first day. The classroom study was on the integumentary system of the human body. It lasted 15 minutes and then ended. I said to some friends, "Great, I need lunch". Instead, we were instructed to all line up in the hallway and go through double doors into another area. That area was the "Cadaver Room". I bet there were 50 bodies lined up in rows on those metal morgue tables. We all put on our coats and gowns, gloved up and started to dissect the skin on each of these bodies. This class was about a year long. Every single day my hands and clothing smelled like "formaldehyde" as an embalming fluid.

These dissections were multiple times a week. I did my best to wash afterwards but it really didn't help the smell at all. One day, I went home at the end of the day, evaluating the corpses for the final examination test. Nancy was sitting on the sofa reading when I got home. She had prepared pork chops and mashed potatoes for dinner. I walked in while she was on the sofa reading and put my fingers under her nose and said, "Smell my fingers and tell me what that smells like." She about threw up and got sick! It really wasn't funny, but in a way it was. She got up and threw the fried pork chops and mashed potatoes away in the garbage. I learned my lesson that day. (By the way, Nancy was the President of the Junior Dental Auxiliary at UTCHS for my entire length of study there at the College of Dentistry.) I learned a lot regarding human anatomy and never forgot the anatomical body structures and how it all fitted right together

for the function of the whole. Dr. Conn, said to me and the entire class one day that the human body is intricate in nature and detail. It was never evolution based upon the growth of a single celled organism into multiple body parts that function together for the good of the whole. Man was not evolved but created by one Supreme Being, God. The nature of the complexity of the human body and its organ system into one functioning being is the end of the matter. "Believe it or not" as the Ripley saying so states. The choice is yours and yours alone.

I hope you enjoyed reading this article, its concepts, explanations for your knowledge and understanding. More articles will follow relating to years gone by in the past, some on the present and some on what the future holds for each and every one of us. It should help you with how you live your life, help or hurt others. Live for today and for tomorrow. Yesterday is gone. The December article will be interesting. In the meantime, "God Bless each and every one of you!"

Happy Thanksgiving and Best Regards to each one of you!

Dr. Phil Nunnally 



New Dentist & New Member Social Hour

November 13th, at 5:30 pm, before our CE Program

All New Members from the 2017-18 year
and New Dentists (2008 to current graduates)

Join Dr. Beth Randall and your peers
for free cocktails and stay for dinner and
the lecture, all compliments of your
CADS Officers and Board Members.



2018-2019 Membership Lecture Dates

Chattanooga Golf & Country Club

Registration and social hour open at 5:30 pm, dinner begins at 6:30 pm,
and lecture starts at 6:45 pm

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| Tuesday, November 13 | Dr. Alex Sokohl - "Evaluation and Management of the Maxillary Sinus" |
| Thursday, December 6 | Holiday Social at Manker-Patten Tennis Club (Private Event, Members Only) |
| Tuesday, February 12 | Dr. Michelle Pardue "Silver Diamine Fluoride" |
| Tuesday, March 12 | Dr. David Dean - "Medical Management of Common Orofacial Conditions" |
| Tuesday, April 9 | Officer Installation and Awards & TDA Corporate Dentistry |


What you need to know about the November lecture...



We're excited to have Dr. Alex Sokohl, an otolaryngologist with Associates in ENT, present our November lecture. He will be discussing all things maxillary sinus and should offer a great perspective on how this anatomical structure is evaluated outside of dentistry. Whether you do surgery involving the maxillary sinus, evaluate toothaches in maxillary posterior teeth, or simply come across something weird looking on a panoramic film or CBCT, this lecture should provide insight that will help you in your practice. I look forward to seeing you there!


Ken Randall, DDS, CADS Program Chairman





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November 13, 2018 CADS Membership Meeting

Team members are always welcome!

"Evaluation Management of the Maxillary Sinus"

with Dr. Alex Sokohl

Tuesday, November 13th, 2018

Chattanooga Golf & Country Club

Registration will open at 5:30 pm

Chattanooga Golf and Country Club

Menu: Italian buffet

For 2 Hours of Continuing Education Credit

Social Hour at 5:30 pm, dinner begins at 6:30 pm, and CE Program starting promptly at 6:45 pm

Registration Fees Per Person:

\$40.00 ADA/CADS Member & Staff w/ dinner

\$70.00 Non-Member & Staff w/ dinner

Please pre-register no later Thursday, November 8th

If paying via credit card:

Please email CADS at CADS@peacecom.net to reserve your spot by the deadline listed above, including the names of all those attending.

Credit card payments will be made at the door, and a \$1.25/per person fee will be applied.

Be advised that once you reserve a spot, you will be required to pay a registration fee of \$25, if you do not attend the meeting and not have cancelled by above deadline date.

If paying via check:

Please complete the following information and mail this page along with check to the address below:

CADS

P.O. Box 841

Chickamauga, GA 30707

Name of dental practice:

Name(s) of those attending: (Please print legibly)



Dr. William Roy Dental Clinic is in dire need of volunteers that can do restorative care in November and December, They are open for any dates or times throughout the week.

Currently they have a waiting list of patients waiting to have, not all procedures done, but to just get started on a few teeth. Hygiene is another big demand, and has a waiting list.

CADS Members have been such a blessing to us in the past, and if anyone is available to help this community or would like more Information please contact Ms. Allison Taylor.

Allison R Taylor RDA,CP

Dental Clinic Director

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Save the date

**TDA Annual Session
Franklin Marriott Cool Springs
June 7-9, 2019**

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